

Swimming

I. RULES

A. Rule Book:

FINA Swimming Rules (latest edition):
IASAS Swimming abides by FINA rules.

B. General Rules:

1. There will be preliminaries and finals in all events except the:
 - a. 4 x 50m Freestyle Relay;
 - b. 400 m. individual medley;
 - c. 800 m. freestyle;
 - d. 4 x 100 m. medley relay; and
 - e. 4 x 100 m. freestyle relay
 For these exceptions there will be timed finals.

2. If, because of the small number of entries, heats are not required, then swimmers will automatically advance to the finals without preliminaries. If this should happen, then that final will be swum as a timed final.
3. In all events “consolations” (7-12) **or** (9-16) be swim prior to the Finals in the afternoon sessions. i.e. Event # 1 Consolations followed by Event # 1 Finals.
4. Consolations will be scored according to FINA rules and depending on the facility (6 – 7 – 8 Lane Pools) Score chart appears in Section VI. SCORING. No medals, certificates or ribbons are to be awarded for consolation finals.
5. The 400IM and the 800FR are officially schedule the same: two heats in the morning session and one in the afternoon session.
6. Prelims: Heats of boys and girls in 800FR may be combined (depending on number of entries) in order to save time, up to the meet director’s discretion. **Must** have 1 lane in between in order to separate boys from girls.

II. ROSTERS

Rosters (up to 12 boys and 12 girls) must be submitted two weeks prior to the tournament and include the following information:

- A. Name:
- B. Grade:
- C. Passport nationality:
- D. Birth date: and
- E. Housing preferences

III. ENTRIES

- A. Entries will be limited to four (4) entries per event per school for individual events, and one (1) entry per school per relay.
- B. Swimmers may compete in up to five (5) events but not more than four (4) individual events.
- C. Entry Protocol
 - 1) Entries must be sent to the host school no later than 6pm on the Monday of the IASAS Week.
 - 2) Confirmation of entries will be made by email to each school by 10am on Tuesday.
 - 3) The host school expects any changes by 7pm on Tuesday. No changes to entries can be made after this time.
 - 4) All schools will receive an electronic copy of the psych sheets as soon as confirmation has been received from all schools.
- D. No entries will be entered as a “no time-NT”.
- E. Coaches must submit the names for relay teams, with two alternates and a time, 30 minutes after the conclusion of the morning’s events. Times would be used for seeding, but not released by meet management to coaches. Changes to relay entries must be made before the start of the warm-up for the finals session to a designated person and place. Team names and times will be released to all coaches at that time.

IV. SCRATCHES

If a swimmer scratches from any event, he/she may not swim in any event for the rest of the day. No penalty shall apply for withdrawal or failure to compete in an individual event if it is determined by the Meet Director that the failure to compete is caused by ‘circumstances beyond control of the swimmer’ or in the event of illness or injury.

V. SEEDING

Lanes for the preliminary rounds will be seeded according to times submitted and according to F.I.N.A. procedures.

For the finals, swimmers will be assigned lanes according to the times swum in the heats.

VI. SCORING

The points for the team standing will be as follows:
Scoring chart for events: Finals and Consolations:

Placing	8 Lanes	7 Lanes	6 Lanes
1	18	16	14
2	16	14	12
3	15	13	11
4	14	12	10
5	13	11	9
6	12	10	8
7	11	9	7
8	10	8	5
9	9	6	4
10	7	5	3
11	6	4	2
12	5	3	1
13	4	2	
14	3	1	
15	2		
16	1		

VII. DISQUALIFICATION

- A. A copy of the Disqualification Sheet will be given to the coach within 10 minutes after the heat and before the results have been posted. Time will be recorded on the DQ sheet at the time of delivery and a discussion is had with the coach. If a protest is made it must be within 30 minutes of the time recorded on the DQ sheet when delivered to the coach.
- B. It is recommended that relay starts need dual confirmation for disqualification.

VIII. OFFICIALS

In addition to a Meet Director, the following officials must be provided for both the preliminaries and finals on all three days:

- A. One (1) Head Referee,
- B. One (1) Starter,
- C. One (1) Official Scorekeeper,
- D. Two (2) stroke and Turn Judges,
- E. Three (3) Finish Judges, and
- F. Eighteen (18) Timers (if automatic timing is not used)

IX. FACILITIES

- A. IASAS swimming championships are to be held in only 25 m. pools
- B. In the event that the IASAS Swimming Championships are held in an 8-lane pool, eight swimmers will swim in the finals. The top eight finishers in the final will score points. In a 7-lane pool, seven will swim in the finals and score points.

Relays receive double points.

X. SPECIAL EQUIPMENT

Automatic or semi-automatic timing equipment is preferred.

XI. UNIFORMS

See FINA with regards to uniforms. **With regards to caps, the following colors are designated for IASAS competition: ISB – black; ISKL – light blue; ISM – green; JIS – white; SAS – red; TAS – navy. (05/2019)**

XII AWARDS

A. Championship Team:

1. IASAS Traveling Plaque
2. IASAS Championship Plaque
3. Team Members-Champion Chevrons (15)
Team medals are awarded to overall team tallies: First (Gold), Second (Silver), Third (Bronze)

B. Runner-up:

Team Members-Runner-up Chevrons (15)

C. Record Breaker Patches & Certificates:

1. All individual record breakers
2. All members of record breaker relay teams
3. If a record is tied both record holders will share the title and receive the record breaker patch and certificate.
4. The record holders should be listed in the Meet Records with the year each attained the record

D. FINA Certificate

The FINA High Point Award will be presented to the male and female swimmers who have scored the most points in an individual event.

E. Medals:

1. Individual Place Medals are awarded to the top three finishers in each event and relays are awarded to the top 3 teams.
2. When ties occur in an individual medal event, the medal award for a position will be made based on the number of places above the awardee. e.g. if two tie for first, the next award would be for third place. This will apply to all events.
3. In order to receive an award the upper body must be covered by a team uniform jacket or shirt.
4. Awards – First place finishers receive a gold medal, second place receive a silver medal and third place receive a bronze medal. **For medal presentation ceremonies, only the top three finishers will be announced and invited to the podium for the awarding of medals. (05/2019)**

F. Timing

Awards are to be presented at the completion of the boys and girls races in each event. The 400 individuals medley medals will be presented at the beginning of the Friday afternoon finals. The 400 Medley Relay medals will be presented at the beginning of the Saturday afternoon finals.

WARM-UP TIMES

Day 1 Morning

- 8:00 to 8:45 3 schools 2 lanes each
- 8:45 to 9:30 Remaining 3 schools 2 lanes each
- 9:30 to 9:50 All schools 1 lane each

Days 2 & 3 Morning

- 8:30 to 9:00 3 schools 2 lanes each
- 9:00 to 9:30 Remaining schools 3 schools 2 lanes each

Afternoon Warm-ups All 3 Days:

1. Open warm-up 1 pm to 2:45. In warm-up for finals each team should have their own lane assigned until 2:45pm.
2. There will be a 15 minute warm up before 400IM on day 1; medley relay on day 2; and freestyle relay on day 3.
3. The Meet Director(s) may at their discretion, allow a warm-up after event 16 and event 24.
4. This is a recommended time schedule to serve as a guide only. Internal recovery time is to remain constant. If local conditions and school schedules permit, add an additional half hour to the lunch break.
5. In the event there is not a separate pool for warm-ups or cool-downs, 5-minute cool down and/or warm-up sessions will be built into the schedule after the completion of the boys/girls races in each event.
6. During the 5-minute “open-pool” between events, any swimmer may use the pool; this “open-pool” is not event exclusive.

IASAS SWIMMING CHAMPIONSHIPS

Heats are swum from 10:00 AM. Finals are swum from 3:00 PM.

*The 400 IM and the 800 Free are scheduled with two heats in the AM and one in the PM session.

Day One			
Event #	Event	Stroke	Gender
1	200m	Freestyle	Boys
2	200m	Freestyle	Girls
		5 minute Cooldown	
3	100m	Breaststroke	Boys
4	100m	Breaststroke	Girls
		5 minute Cooldown	Awards Events 1 & 2
5	50m	Butterfly	Boys
6	50m	Butterfly	Girls
		5 minute Cooldown	Awards Events 3 & 4
7	100m	Backstroke	Boys
8	100m	Backstroke	Girls
		5 minute Cooldown	Awards Events 5 & 6
9	400m	Individual Medley	Boys *
10	400m	Individual Medley	Girls *
		15 minute warm-up time	Awards Events 7 & 8
11	Relay	4x50m Freestyle Relay	Boys
12	Relay	4x50m Freestyle Relay	Girls

Day Two			
Event #	Event	Stroke	Gender
13	200m	Individual Medley	Boys
14	200m	Individual Medley	Girls
		5 minute Cooldown	Awards Events 9-12
15	800m	Freestyle	Boys*
16	800m	Freestyle	Girls*
		5 minute Cooldown	Awards Events 13 & 14
17	200m	Breaststroke	Boys
18	200m	Breaststroke	Girls
		5 minute Cooldown	Awards Events 15 & 16
19	100m	Freestyle	Boys
20	100m	Freestyle	Girls
		15 minute warm-up time	Awards Events 17 & 18
21	Relay	4x100m Medley Relay	Boys
22	Relay	4x100m Medley Relay	Girls

Day Three			
Event #	Event	Stroke	Gender
23	400m	Freestyle	Boys
24	400m	Freestyle	Girls
		5 minute Cooldown	Awards Events 19-22
25	100m	Butterfly	Boys
26	100m	Butterfly	Girls
		5 minute Cooldown	Awards Events 23 & 24
27	200m	Backstroke	Boys
28	200m	Backstroke	Girls
		5 minute Cooldown	Awards Events 25 & 26
29	50m	Freestyle	Boys
30	50m	Freestyle	Girls
		15 minute warm-up time	Awards Events 27 & 28
31	Relay	4x100m Freestyle Relay	Boys
32	Relay	4x100m Freestyle Relay	Girls
			Awards Events 29 & 32